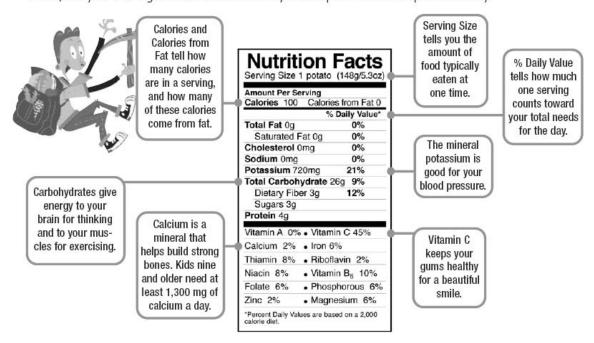


Name: ______

How to Read a Nutrition Facts Label

Nutrition labels give you the knowledge to choose the best foods for health and energy. Below, use your reading and math skills to analyze how potatoes stack up nutritionally.



- 1. One potato contains 720 milligrams of potassium—21% of your Daily Value! A banana contains 400 mg of potassium. In percentages, how much higher in potassium is the potato than the banana? About 10 percent
- 2. Is the potato a low- or a high-calorie food and is it fattening? How do you know? Potatoes are low in calories and fat.
- 3. Imagine you ate one medium potato. What additional percentage of vitamin C do you need to eat to meet your daily requirement? 55 percent
- 4. One potato contains 3 grams of fiber, which is 12% of your Daily Value. About how many grams of fiber would add up to 100% of your Daily Value? 25 grams
- 5. After reading the label, do you think the potato is a healthful choice? List three reasons to support your answer. Sample answers: high in vitamin C and potassium, no fat, 100 calories, and good source of fiber.